

1: 9 Ways Successful People Overcome Anxiety & Manage Stress (Evidence-based advice)

Tip 2: Practice the 4 A's of stress management. While stress is an automatic response from your nervous system, some stressors arise at predictable times—your commute to work, a meeting with your boss, or family gatherings, for example.

Situations that can create stress are unavoidable. What we can control is how we manage stress. Psychological stress can best be defined as emotional strain or tension in response to a particular event, behavior, place or person. When we cannot manage stress, we often feel its damaging impact through anger, depression and a multitude of health problems. Here are some facts about how stress impacts our lives: Stress has been linked to all the leading causes of death, such as cardiovascular disease, cancer, accidents and suicide. Almost 90 percent of all visits to primary health care providers are due to stress-related problems. Nearly one-half of all adults suffer adverse effects from stress. It is estimated that 1 million Americans miss work due to stress-related complaints. Workplace violence has been attributed to stress. Homicide is the second leading cause of fatal occupational injury. There are some situations that inherently rate high on the stress scale: But each of us has the ability to manage stress and most stressful situations by altering the way we respond to them. It is impossible to manage or control all the people, events and places in our lives that place demands on us, and any attempt to do so causes our stress level to go up. People experience acute stress when they are dealing with a dangerous or life threatening situation. In fact, blood flow can increase to percent in order to prepare the legs, brain and lungs for the added demands of either fighting off a physical threat, or running to safety. Conversely, other major body systems such as the digestive tract are shut down short-term, as they are considered non-essential during a stressful event. The problem, however, is that this system now operates inappropriately in our modern world. Although heavy traffic, work deadlines and credit card statements are not life threatening, the system is activated by our response to them, often many times throughout the day. Some physical consequences of chronic stress: Repetitive increases in blood pressure can damage the inner lining of the artery walls, leading to atherosclerosis. Prolonged or frequent episodes of stress can gradually worsen high blood pressure, affecting the cardiovascular system and the arteries that lead to the brain, thus increasing the risk of stroke. Prolonged exposure to stress can blunt the immune system response, increasing the risk for colds and more serious infections. **Weight and Body-Fat Changes.** Chronic stress can cause either a loss in appetite and weight loss or an increase in cravings for fat, sugar and salt, which leads to weight gain. A recent study suggested that chronic stress can cause abdominal fat accumulation in otherwise thin women. The researchers attributed this fat accumulation to an increased secretion of the hormone cortisol, which is released during stress — some release more cortisol than others. A lack of sleep can also worsen psychological stress and prevent one from recognizing problems and dealing with them rationally. Studies have suggested that migraine attacks occur more frequently when one is under increased levels of stress. A strong correlation has been associated between stress and IBS. Not all stress is bad, however, and stressful challenges are necessary to become stronger both physically and mentally. The positive effects of learning how to manage stress can include: Increased energy and motivation.

2: Dealing with Stress

Stress is a reaction to a situation where a person feels threatened or anxious. Stress can be positive (e.g., preparing for a wedding) or negative (e.g., dealing with a natural disaster).

But you have a lot more control than you might think. Stress management is all about taking charge: No matter how stressful your life seems, there are steps you can take to relieve the pressure and regain control. Why is it so important to manage stress? Stress wreaks havoc on your emotional equilibrium, as well as your physical health. It narrows your ability to think clearly, function effectively, and enjoy life. Effective stress management, on the other hand, helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. But stress management is not one-size-fits-all. The following stress management tips can help you do that. Identify the sources of stress in your life Stress management starts with identifying the sources of stress in your life. To identify your true sources of stress, look closely at your habits, attitude, and excuses: Do you blame your stress on other people or outside events, or view it as entirely normal and unexceptional? Until you accept responsibility for the role you play in creating or maintaining it, your stress level will remain outside your control. Start a stress journal A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed, keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. When handling such predictable stressors, you can either change the situation or change your reaction. Learn how to say "no. Whether in your personal or professional life, taking on more than you can handle is a surefire recipe for stress. Distinguish between the "shoulds" and the "musts" and, when possible, say "no" to taking on too much. Avoid people who stress you out. If someone consistently causes stress in your life, limit the amount of time you spend with that person, or end the relationship. Take control of your environment. If the evening news makes you anxious, turn off the TV. If traffic makes you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore do your grocery shopping online. Pare down your to-do list. Analyze your schedule, responsibilities, and daily tasks. Often, this involves changing the way you communicate and operate in your daily life. Express your feelings instead of bottling them up. If something or someone is bothering you, be more assertive and communicate your concerns in an open and respectful way. Be willing to compromise. When you ask someone to change their behavior, be willing to do the same. Create a balanced schedule. All work and no play is a recipe for burnout. Try to find a balance between work and family life, social activities and solitary pursuits, daily responsibilities and downtime. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude. Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time. Look at the big picture. Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere. Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective. In such cases, the best way to cope with stress is to accept things as they are. Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems. Look for the upside. When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes. Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on. Talk to a trusted friend or make an appointment with a therapist. Exercise releases endorphins that make you feel good, and it can also serve as a valuable distraction from your daily worries. Even very small activities

can add up over the course of a day. The first step is to get yourself up and moving. Here are some easy ways to incorporate exercise into your daily schedule: Put on some music and dance around Take your dog for a walk Walk or cycle to the grocery store Use the stairs at home or work rather than an elevator Park your car in the farthest spot in the lot and walk the rest of the way Pair up with an exercise partner and encourage each other as you work out Play ping-pong or an activity-based video game with your kids The stress-busting magic of mindful rhythmic exercise While just about any form of physical activity can help burn away tension and stress, rhythmic activities are especially effective. Focus on coordinating your breathing with your movements, for example, or notice how the air or sunlight feels on your skin. Adding this mindfulness element will help you break out of the cycle of negative thoughts that often accompanies overwhelming stress. Connect to others There is nothing more calming than spending quality time with another human being who makes you feel safe and understood. So make it a point to connect regularly—and in person—with family and friends. They simply need to be good listeners. And try not to let worries about looking weak or being a burden keep you from opening up. The people who care about you will be flattered by your trust. It will only strengthen your bond. Tips for building relationships Reach out to a colleague at work Help someone else by volunteering Have lunch or coffee with a friend Ask a loved one to check in with you regularly Accompany someone to the movies or a concert Call or email an old friend Go for a walk with a workout buddy Schedule a weekly dinner date Meet new people by taking a class or joining a club Confide in a clergy member, teacher, or sports coach Tip 5: Nurturing yourself is a necessity, not a luxury. Set aside leisure time. Include rest and relaxation in your daily schedule. This is your time to take a break from all responsibilities and recharge your batteries. Do something you enjoy every day. Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike. Keep your sense of humor. This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways. Ways to Relieve Stress Take up a relaxation practice. As you learn and practice these techniques, your stress levels will decrease and your mind and body will become calm and centered. Manage your time better Poor time management can cause a lot of stress. Stress and Your Health: Avoid scheduling things back-to-back or trying to fit too much into one day. All too often, we underestimate how long things will take. Make a list of tasks you have to do, and tackle them in order of importance. Do the high-priority items first. If you have something particularly unpleasant or stressful to do, get it over with early. The rest of your day will be more pleasant as a result. Break projects into small steps. If a large project seems overwhelming, make a step-by-step plan. Focus on one manageable step at a time, rather than taking on everything at once. If other people can take care of the task, why not let them? Let go of the desire to control or oversee every little step. Maintain balance with a healthy lifestyle In addition to regular exercise, there are other healthy lifestyle choices that can increase your resistance to stress.

3: Tips for Coping with Stress|Publications|Violence Prevention|Injury Center|CDC

Seek treatment with a psychologist or other mental health professional trained in stress management or biofeedback techniques to learn healthy ways of dealing with the stress in your life.

Sign up now Coping with stress: Address your triggers, keep perspective and know when to seek help. Effectively coping with job stress can benefit both your professional and personal life. Identify your stress triggers Your personality, experiences and other unique characteristics all influence the way you respond to and cope with stress. Situations and events that are distressing for your colleagues might not bother you in the least. To begin coping with stress at work, identify your stress triggers. For a week or two, record the situations, events and people who cause you to have a negative physical, mental or emotional response. Include a brief description of each situation, answering questions such as: What was your reaction? How did you feel? Then evaluate your stress inventory. You might find obvious causes of stress, such as the threat of losing your job or obstacles with a particular project. You might also notice subtle but persistent causes of stress, such as a long commute or an uncomfortable workspace. You might check with other parents or neighbors about an after-school carpool. Or you might begin work earlier, shorten your lunch hour or take work home to catch up in the evening. Often, the best way to cope with stress is to find a way to change the circumstances that are causing it. Work with colleagues and leaders to set realistic expectations and deadlines. Set regular progress reviews and adjust your goals as needed. Make a priority list. Prepare a list of tasks and rank them in order of priority. Throughout the day, scan your master list and work on tasks in priority order. For an especially important or difficult project, block time to work on it without interruption. Also, break large projects into smaller steps. Get other points of view. They might be able to provide insights or offer suggestions for coping. Sometimes simply talking about a stressor can be a relief. Make the most of workday breaks. Even a few minutes of personal time during a busy workday can be refreshing. Also try to take breaks from thinking about work, such as not checking your email at home in the evening or choosing times to turn off your cellphone at home. To prevent burnout, set aside time for activities you enjoy – such as reading, socializing or pursuing a hobby. Take care of yourself. Be vigilant about taking care of your health. Include physical activity in your daily routine, get plenty of sleep and eat a healthy diet. Know when to seek help If none of these steps relieves your feelings of job stress or burnout, consult a mental health provider – either on your own or through an employee assistance program offered by your employer. Through counseling, you can learn effective ways to handle job stress.

4: How to Deal With Stress (with Stress Reduction Techniques)

We all have stress at work, at home, and on the road. Sometimes we can feel especially stressed because of a bad interaction with someone, too much work, or everyday hassles like getting stuck in traffic. Negative stress can keep you from feeling and performing your best mentally, physically.

Once the danger passed, their stress levels lowered. We rarely get a break long enough to relax and relieve the stress. The over-activation of our stress hormones have been linked to high blood pressure, heart attacks, lower immunity, depression, anxiety, and more. So how can you relieve stress? Here are five easy stress relievers to get you started. Replacing harmful substances such as caffeine, alcohol, and refined sugars, with clean proteins, fruits, vegetables, and healthy fats helps regulate your hormone levels, including stress hormones. The gut and brain are constantly sending signals to each other, so by keeping your microbiota the bacteria in your gut healthy, your brain feels less stressed. Antioxidant-rich mustard greens are an excellent choice for lowering stress through diet. Attend Food As Medicine to learn more about nutrition and making smart food choices. An easy way to do this is through shaking and dancing, a form of expressive meditation that loosens your joints as well as clears the mind. Start by standing with your feet shoulder-width apart, knees slightly bent, shoulders relaxed, and shake your whole body for a few minutes we recommend minutes. Then, stop for a minute or two and pay attention to your breathing and physical sensations. Finally, turn on fast music anything that gets you energized, and allow the music to move you. Dance for about 5 minutes, or until you feel satisfied. School children in Haiti have fun shaking and dancing. We teach this technique all over the world. To relieve stress before bed, try some relaxation techniques see below and disconnect from technology as much as possible an hour before bedtime. Guided Imagery The body responds in essentially the same way to made-up imagery as it does to real experiences. Positive, relaxing images can be an effective tool for relieving stress. James Gordon, or check out Dr. Your Guide to the Seven-Stage Journey Out of Depression for dozens more techniques, including scripts for guided imagery exercises. Learn more about self-care at one of our Mind-Body Medicine Fundamentals trainings. By slowing down your heart rate and lowering blood pressure, breathing deeply relieves stress. Our Soft Belly meditation is our go-to for relieving stress, but any form of slow, deep breathing can help you relax and stay calm. More Tips We have compiled some of our favorite self-care techniques in our Self-Care library. About the Author Anne Scholle Anne has a background in graphic design and has been working in communications for 4 years. She has an MSc in Conservation Science and loves to travel. Gordon, MD shares a holiday message. Help Build Resilience in the Aftermath of Natural Disasters Every month now, natural disasters devastate entire cities and regions. Across the country and around the world, hurricanes and fires, flooding and ea It has a name:

5: Coping with Stress | Features | CDC

How to Deal With Stress. Life can be stressful; sometimes you'll have to deal with ongoing stress positively. Stress can have a variety of causes such as family problems, job problems, financial difficulties, poor health, or even the death.

More stress can mean more of the above nasties. Some of the answers—particularly my last point—may surprise you. How Does Stress Happen Feel free to jump down to point 1 below if you want to get right to the actionable advice. Prolonged, chronic stress ratchets up your risk for those problems I listed at the top of this post, according to the Mayo Clinic. The people at Mayo also explain how stress works: These hormones up your heart rate, blood pressure, and blood sugar. Stress helps you respond to threats, directing your energy to the fight-or-flight response. Then, once a threat goes bye-bye, adrenaline and cortisol taper off, letting you relax. If, however, you feel buffeted by stress that never lets up, you might never feel relief—a situation that keeps your blood pressure sky-high and your bodily systems suppressed. Such uncontrolled stress increases your chance of winning the nasty health problems lottery I started the post with. So, what to do? Stress holds value because it helps motivate us to do things. The problem is that a lot of us are way over the peak of that mountain, into high-stress territory. How To Deal With Stress? Strike a Power Pose Power pose—does that sound silly? Sitting or standing in certain ways, ways that exude confidence, can relieve stress and help you feel in control. Researchers from Columbia and Harvard put out a study in the journal *Psychological Science*, where they looked at a simple question: Can open, expansive postures that express power actually cause power? Researchers brought participants into a room and moved their arms and legs into the right position, either a high-power or low-power pose. Here are the poses they used: The study looked at a few cool things, but I want to focus on the bits relevant to stress. This let them measure how much of the stress hormone cortisol each participant had before and after striking their poses. High-power poses meant less cortisol, and thus less stress: You only have to hold the pose for a minute or two. To learn more about this research, try the following: Read the study itself. This article from the *Wall Street Journal* investigates some other pros of power posing. Get Perspective and Look at the Big Picture I know this one is a cliché—look at the big picture and let your stress wash away—but I want to take a closer look. What do I mean by getting perspective on stressful events? *TIME Magazine* puts it well: A study by scientists at Yale and the University of Colorado peered into how being aware of your overarching values can beat down barriers. In the experiment, they asked students in a classroom to write about things that they valued—religion, talent, family, etc. This exercise boosted achievement for many students. A similar experiment singled out women in a college physics course. At the beginning of a semester-long class, women in the experimental group were told to write about their values. As a result, the study says, the average grade for this group rose from the C range to the B range. In both of these studies, participants consciously considered their big picture values, which helped put minor stresses into perspective. Thinking about what you value is one practical way to see the big picture. Then pull back the camera to see an ever-bigger view: When stressed, close your eyes and fast-forward in time, in ever-bigger increments, to see how little harm this supposed stress will cause you in the long term. Ruminating on how stressed you feel just sets you up for more stress, which is why perspective helps. I like what comedian Mindy Kaling has to say: I have heard some stories of stress, but this just takes the cake. Laugh When stress claws at me, I sometimes have to chuckle. There are times when I stand by my desk, muscles clenched and head pounding, feeling assaulted by the demands of life as I rush to crank out a blog post or feature article. Then I realize how ridiculous the whole situation is, and I laugh. Research says that I should keep laughing. A group of professors at Western Kentucky University wanted to see how laughter played with stress. They divided their study participants into two groups: The people who watched the comedy video were less stressed. A meta-analysis of 49 studies in the *Journal of Managerial Psychology* found that respectful humor in the workplace puts a dent in burnout and stress. Researchers at the State University of New York told 80 participants to watch a stressful silent film the video showcased three nasty sawmill accidents, so it was no Sunday picnic. They also had the participants narrate the film: Those told to be funny were less tense afterward. The *American Journal of the Medical Sciences* reports that study participants who

watched a comedy video has lower levels of the stress hormones ACTH and cortisol than a control group. Humor that helps you put things in perspective helps you recover from stress, according to a pair of studies published in the *Journal of Social and Clinical Psychology*. A little study out of Miami University interviewed women confronting the challenge of caring for both young children and chronically ill parents. Whether you giggle or guffaw, get a way to get a laugh. Comedy helps you cope with stress, and, even if all of these researchers are wrong, the worst case scenario is that you spend some time watching reruns of *The Colbert Report*. Laugh your way to a low-stress life, starting with this bit from Louis CK: It makes sense, right? Cute animals create a warm and fuzzy feeling. Many universities spend money on therapy dogs to help students deal with stress. Especially amid the strain of finals week, furry friends help people loosen up. One school has a fluffy chicken with its own Twitter account: How could you possibly feel stressed after palling around with Woodstock the Therapy Chicken? One paper from *Frontiers in Psychology* reviewed 69 studies and concluded that interacting with animals lowers fear and anxiety for people. Part of the reason for this lies in oxytocin, a hormone that, among its other jobs, reduces stress. Interaction with animals pumps more oxytocin to your brain. It even goes both ways: Not everyone has a puppy or a chicken, though. She ran an experiment where she showed participants videos of animals, including birds, fish, and primates two control groups watched videos of humans or a blank screen. Wells found that, when confronted with a stressful activity, the animal-watchers dealt with it better: Thus, individuals exposed to the videotapes of birds, fish and primates, showed significantly lower levels of heart rate and blood pressure. The results from this investigation show that visual stimulation can by itself buffer people from cognitive challenges. You can start with my new Internet pal, Flex the Yorkie. The video is just 30 seconds: Meditate Mindfulness meditation can quell your qualms. A longtime practice in Eastern spiritual traditions like Hinduism, Daoism, and Buddhism, meditation has become more popular in the Western world. While it has a range of health benefits, I want to focus on the stress management aspects. *Perspectives on Psychological Science* defines mindfulness: When you meditate mindfully, the goal is to exist in the present, without brooding about the past or worrying about the future. I think a lot of stress stems from those things, so it makes sense that cultivating mindfulness helps people deal with stress. A study in the *Journal of Clinical Psychiatry* found that mindfulness meditation lowers anxiety. A study discovered that mindfulness-based stress reduction, a mindfulness program created by a University of Massachusetts professor, reduces levels of cortisol and reported stress. A meta-analysis of 47 studies came to the conclusion that mindfulness meditation lowers anxiety and stress. Several companies see its benefits and offer ways for workers to meditate, including EBay, Google, Twitter, and the Huffington Post. Arianna Huffington herself raves about meditation. Learn more in our July issue of *Foundr Magazine*. The authors of a meta-analysis that looked at 20 of the best studies write: In fact, the consistent and relatively strong level of effect sizes across very different types of sample indicates that mindfulness training might enhance general features of coping with distress and disability in everyday life, as well as under more extraordinary conditions of serious disorder or stress. UCLA offers free guided meditations online. I recommend starting with this five-minute breathing meditation. Seriously, why not try it right now? Headspace, an app for iOS and Android, guides you through meditations. The Mayo Clinic has a quick list of mindfulness exercises. The University of Minnesota offers a free mini-course on meditation. This is great if you have a little more time to spend learning and practicing. Smile Simply smiling helps stress simmer down. I know that this sounds too simple, too cliché. But like high-power poses and laughter, smiles work.

6: Dealing With Stress Worksheets - Printable Worksheets

To begin coping with stress at work, identify your stress triggers. For a week or two, record the situations, events and people who cause you to have a negative physical, mental or emotional response.

Family doctor Member of your church or temple. Talking with someone can help you make sense out of your experience and figure out ways to feel better. If you are not sure where to turn, call your local crisis intervention center or a national hotline. Go for a walk, play sports, write a play or poem, play a musical instrument, or join an after-school program. Volunteer with a community group that promotes nonviolence or another school or community activity that you care about. These can be positive ways to handle your feelings and to see that things are going to get better. Take care of yourself. Try to get plenty of sleep, eat right, exercise, and keep a normal routine. By keeping yourself healthy, you will be better able to handle a tough time. Pictures and stories about a disaster can increase worry and other stressful feelings. Taking breaks from the news, Internet, and conversations about the disaster can help calm you down. Tips for School Personnel Kids and teens experiencing a stressful event, or see it on television, may react with shock, sadness, anger, fear, and confusion. They may be reluctant to be alone or fearful of leaving safe areas such as the house or classroom. School personnel can help their students restore their sense of safety by talking with the children about their fears. Other tips for school personnel include: Reach out and talk. Create opportunities to have students talk, but do not force them. Try asking questions like, what do you think about these events, or how do you think these things happen? You can be a model by sharing some of your own thoughts as well as correct misinformation. When children talk about their feelings, it can help them cope and to know that different feelings are normal. Be alert for any change in behavior. Are students talking more or less? Are they behaving in any way out of the ordinary? These changes may be early warning signs that a student is struggling and needs extra support from the school and family. A regular classroom and school schedule can provide reassurance and promote a sense of stability and safety. Encourage students to keep up with their schoolwork and extracurricular activities but do not push them if they seem overwhelmed. You are better able to support your students if you are healthy, coping and taking care of yourself first. Eat healthy, well-balanced meals Exercise on a regular basis Get plenty of sleep Give yourself a break if you feel stressed out Get Email Updates To receive email updates about this page, enter your email address:

7: Coping with stress: Workplace tips - Mayo Clinic

There are right ways and wrong ways to get your stress under control. in the journal Proceedings of the National Academy of Sciences found that dealing with persistent, long-term stress.

8: Manage Stress More Effectively | Andrew Weil, M.D.

Tips to Manage Anxiety and Stress. Advertisement. When you're feeling anxious or stressed, the strategies listed below can help you cope.

9: Stress Management and Coping with Stress - Psych Central

Stress can cause people to feel like victims of bad circumstances. Mentally strong people acknowledge that everything they do, from the time they wake up until the time they go to sleep, is a choice.

Women, Birth, and Death in Jewish Law and Practice (Brandeis Series on Jewish Women) Ahfs Drug Information 2006 (Ahfs Drug Information) Part III. Design principles for urban villages An approach to Shakespeare Cold pressed juice business plan Shape of you trumpet sheet music The basic principles of the Nigerian business law Danger Down Under (Nancy Drew Hardy Boys Super Mysteries #20) Nutrition guide to brand name baby foods Art and politics of Edward Bond Teaching Them to Read (Allyn Bacon Classics Edition) Memoirs of Princess Alice, Duchess of Gloucester. Labour unions in Canada today Chronology: September 16, 1950- Sacred art of Nepal Ovid, the love poems Mine Run to Meridian (Shelby Foote, the Civil War, a Narrative) Becoming a Global Family Postcolonial international relations South Sea adventure Account of the Lisbon Diet Drink in venereal cases M. Waddington as minister of public instruction. Holt Bennett family history Pugs 2005-2006 Two Year Pocket Planner Aaron fisher book silent no more Until friday night abbi glines bud The evolution of the invertebrates, by W.C. Allee. General chemistry 10th ed pkg w solutions manual Easy english story books Predestination in light of the cross Louisa May Alcott and / The chocolate rose laura florand Defense Applications of Nanomaterials (Acs Symposium Series) The Best of Jim Croce (Easy Guitar with Notes Tab) Altar of the body Voyage of discovery to Terra Australis by Willem de Vlamingh in 1696-97 Lehnerns encyclopedia of U.S. marks on pottery, porcelain clay Concise encyclopedia biology Step by step guide to pottery. Pt. 1. Opinions as Chief Justice. Series A, 1952-1961